

10 Virtues of the Proverbs 31 Woman

By Melissa Ringstaff

Becoming a Proverbs 31 woman is not about being “perfect.” It’s about living life with purpose, diligence, forgiveness, and repentance. Let’s take a look at the 10 qualities of the Proverbs 31 woman below.

It’s Mother’s Day weekend and the pastor is speaking about the virtues of the Proverbs 31 Woman and while you wish you could be her, you feel like there’s no way you could ever live up to the righteous standards laid out in the last chapter Proverbs.

You sit there and think about your hectic morning, rushing about, trying to get the kids ready for church on time, and no one can find their shoes much less get into the car without complaining, whining, and bickering. How in the world could you ever become a Proverbs 31 Woman?

Oh, sweet friend, I’ve been there! Being a wife and mama is hard work and sometimes – maybe often times – you feel overwhelmed and frustrated and wish you could just get a break.

I have good news for you!

Becoming a Proverbs 31 woman isn’t as hard as you think. In fact, Proverbs 31 is *not a checklist or a to do list*. Instead, it’s a beautiful representation of what it means to be a virtuous woman.

Let me show you how being a virtuous woman today is possible – and my guess is you are already well on your way to living out God’s purpose for your life. And that’s what Proverbs 31 is really about – living with purpose.

The Proverbs 31 Woman Today

Often women believe that Proverbs 31 doesn't really apply to our modern lives. But *I believe that God's Word stands the test of time, don't you?* God's Word is still relevant today! These 10 Virtues of the Proverbs 31 Woman demonstrate how, as Christian women today, we can all be Proverbs 31 Women.

The 10 Virtues of the Proverbs 31 Woman

What does Proverbs 31 mean for the 21st Century woman?

The passage of Proverbs 31 was written a long time ago. So when you read about how she "holds the distaff and grasps the spindle with her fingers" you may feel like the words do not apply to your life in the 21st century. I want to show you how we can break down the verses and how you can live out each verse in your own life.

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1. Faith. She loves Jesus with all of her heart. A Virtuous Woman serves God with all of her heart, mind, and soul. She seeks His will for her life and follows His ways. (Proverbs 31: 26, Proverbs 31: 29 – 31, Matthew 22: 37, John 14: 15, Psalm 119: 15)

2. Marriage. She is a faithful bride. A Virtuous Woman respects her husband. She does him good all the days of her life. She is trustworthy and a helpmeet. But first and foremost she is the bride of Christ. You do not need an earthly husband to be a virtuous woman! (Proverbs 31: 11- 12, Proverbs 31: 23, Proverbs 31: 28, 1 Peter 3, Ephesians 5, Genesis 2: 18)

3. Mothering. She is a loving mother and her children call her blessed. A Virtuous Woman teaches her children the ways of her Father in heaven. She nurtures her children with the love of Christ, disciplines them with care and wisdom, and trains them in the way they should go. (Proverbs 31: 28, Proverbs 31: 26, Proverbs 22: 6, Deuteronomy 6, Luke 18: 16)

4. Health. She takes care of her physical, mental, and spiritual health. A Virtuous Woman cares for her body. She prepares healthy food for her family. (Proverbs 31: 14 – 15, Proverbs 31: 17, 1 Corinthians 6: 19, Genesis 1: 29, Daniel 1, Leviticus 11)

5. Service. She serves others with love and kindness. A Virtuous Woman serves her husband, her family, her friends, and her neighbors with a gentle and loving spirit. She is charitable. (Proverbs 31: 12, Proverbs 31: 15, Proverbs 31: 20, 1 Corinthians 13: 13)

6. Stewardship. She is a wise steward of the gifts God has given her. A Virtuous Woman spends money wisely. She is careful to purchase quality items which her family needs. (Proverbs 31: 14, Proverbs 31: 16, Proverbs 31: 18, 1 Timothy 6: 10, Ephesians 5: 23, Deuteronomy 14: 22, Numbers 18: 26)

7. Industry. She is industrious and works with willing hands. A Virtuous Woman works willingly with her hands. She sings praises to God and does not grumble while completing her tasks. (Proverbs 31: 13, Proverbs 31: 16, Proverbs 31: 24, Proverbs 31: 31, Philippians 2: 14)

8. Homemaking. She is a good manager of her home. A Virtuous Woman is a homemaker. She creates an inviting atmosphere of warmth and love for her family and guests. She uses hospitality to minister to those around her. (Proverbs 31: 15, Proverbs 31: 20 – 22, Proverbs 31: 27, Titus 2: 5, 1 Peter 4: 9, Hebrews 13: 2)

9. Time. She spends her time on that which is good. A Virtuous Woman uses her time wisely. She works diligently to complete her daily tasks. She does not spend time dwelling on those things that do not please the Lord. (Proverbs 31: 13, Proverbs 31: 19, Proverbs 31: 27, Ecclesiastes 3, Proverbs 16: 9, Philippians 4:8)

10. Beauty. She is creative and embraces beauty and godliness. A Virtuous Woman is a woman of worth and beauty. She has the inner beauty that only comes from Christ. She uses her creativity and sense of style to create beauty in her life and the lives of her loved ones. (Proverbs 31: 10, Proverbs 31: 21 – 22, Proverbs 31: 24 -25, Isaiah 61: 10, 1 Timothy 2: 9, 1 Peter 3: 1 – 6)

Are you beginning to see how you can apply these verses to your life? I hope so! Seeing God's Word come alive is so exciting to me!

What does it mean to be a Proverbs 31 Woman?

The passage of Proverbs 31 in the Bible was written by King Solomon, based on the advice his mother gave him. In reference, the passage begins:

The sayings of King Lemuel—an inspired utterance his mother taught him. Proverbs 31:1

Many theologians believe King Lemuel is a poetic name give to King Solomon. King Lemuel's mother wanted him to choose a wife wisely and she offered him a list of characteristics to look for in a Godly wife. The passage offers us a glimpse into what being a virtuous woman or being a Proverbs 31 woman might look like.

Who was the Proverbs 31 Woman?

The Proverbs 31 woman was not an actual woman. Let's be clear. King Lemuel's mother was describing the kind of woman she hoped her son would find.

Because of this, many people discount the idea that it's even possible to be a Proverbs 31 woman or they feel discouraged by the seemingly impossible standard set for women in this passage.

I believe that all of God's Word is useful for instruction, correction, and reproof. I believe that God's Word is still relevant today. I do not believe that God allowed the passage of Proverbs 31 in the Bible by chance. And I do believe that it's possible to be a virtuous woman today.

Is it possible to live up to the idealistic portrayal of the virtuous woman?

Yes. But maybe not the way you think. Becoming a Proverbs 31 woman does not mean being a perfect, idealistic woman who can do it all and do it all at once. Rather, becoming a Proverbs 31 woman means that you live out God's will for your life daily and live each day with purpose.

A Woman of Noble Character

The Proverbs 31 woman is described as a virtuous woman or as a wife of noble character. She is also described as a woman of valor.

I don't know about you, but the word valor conjures up fantastic images in my mind of a strong woman who knows what she needs to do and she sets about doing it. She has a purpose!

valor definition: great courage in the face of danger, especially in battle

As women of valor, as Proverbs 31 women, we are fighting a spiritual battle. Remember, it is a woman's faith that makes her virtuous – not a list of tasks completed or to do lists checked off. It's her pliable heart in response to God's prodding.

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.” 1 Peter 5:8

“For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.” Ephesians 6:12

A Woman of Valor

As virtuous women, as women of valor, we are called to put on the armor of God and take every thought captive in obedience to Christ! Isn't that awe inspiring? Do you see how God sees *you*?

“Put on the whole armor of God, that you may be able to stand against the schemes of the devil.” Ephesians 6:11

“For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.” 2 Corinthians 10:3-5

The virtuous woman of Proverbs 31 has great courage. She's woman on a mission. She is ready, willing, and able to face each task and trial. She knows God is on her side.

And if God is on her side, who can be against her?

“And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. What, then, shall we say in response to these things?

If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?

Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us.

Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword?

As it is written: “For your sake we face death all day long; we are considered as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us.

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.” Romans 8:30-39

The Proverbs 31 Woman is clothed with strength and dignity. “Strength and honour are her clothing; and she shall rejoice in time to come.” Proverbs 31:25. “

Proverbs 31:17 says she, “..girds her loins and arms with strength.” As a woman of valor, she is spiritually strong. She wears the belt of truth: “Stand therefore, having your loins girt about with truth.” Ephesians 6:14 KJV.

The New Living Translations says it this way: “Stand your ground, putting on the belt of truth and the body armor of God’s righteousness.”

She is ready to go to battle for those she loves and she wears the armor of God.

Ephesians 6:10-18 says,

“Finally, my brethren, be strong in the Lord, and in the power of his might. Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; And your feet shod with the preparation of the gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.”

Who is the Proverbs 31 Woman?

We’re not talking about the perfect Pinterest mom. {Who is she anyway???) Or the perfect wife. {Never gonna happen.} Or the perfect Christian woman. {She doesn’t exist.} We’re talking about a woman who knows who she belongs to and every good work comes from living a faithful life guided by Scripture.

related: [All About the Proverbs 31 Woman | Your Questions Answered](#)

Proverbs 31:30 says, “Give her of the fruit of her hands; and let her own works praise her in the gates.” She isn’t worthy of praise because of what she does but because of how she does them.

Remember, all have fallen short of the glory of God. You need not strive for perfection. In fact, striving for perfection this side of heaven will leave you feel empty time and time again. God made each of us unique.

“For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.” Ephesians 2:10

You can be a Proverbs 31 woman – you simply need to believe that Jesus is the Son of God, that He came and died for you that you may have eternal life, and ask Him to forgive your sins. Then, love Him with all of your heart, mind, and soul!

“...Love the Lord your God with all your heart and with all your soul and with all your mind.” Matthew 22:37

The Proverbs 31 Woman and Grace

We are also talking about a woman who understands grace. Grace for herself and grace for others. Without Christ, we are nothing. We can’t be good on our own. But with Christ all things are possible. One of my personal favorite Bible verses is Philippians 4:13, “I can do all things through Christ which strengtheneth me.”

I love this verse because it means I don’t have to do it alone. I have Christ on my side. It’s His blood that covers my life with grace – not because I deserve it, but because He loved me enough to die for me! And when I stand before God on the judgement day, I don’t have to stand there naked. Instead, the robe of righteous will cover my sins.

“But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.” 2 Corinthians 12:9

We are told that the Proverbs 31 woman doesn't fear the snow because her family is covered in scarlet. Jesus' blood covers us and we have nothing to fear.

"She is not afraid of the snow for her household: for all her household are clothed with scarlet." Proverbs 31:21

"Do not fear, for I have redeemed you; I have summoned you by name; you are mine." Isaiah 43:1

And part of living out a life of Grace is also extending that grace to others.

"Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person." Colossians 4:6

"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you." Colossians 3:13

"See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many." Hebrews 12:15

You Can be a Proverbs 31 Woman

Just as faith is what makes the Proverbs 31 a virtuous woman, it is your faith that redeems you. We can all be proverbs 31 women. You can be a proverbs 31 woman. You don't have to feel like a failure. You don't have to feel like you will never measure up. In fact, God says you are already His! All you have to do is believe.

Being a Proverbs 31 Woman isn't about being perfect or trying to live up to a list of impossible standards. It's about living with purpose. And your purpose, ultimately, is to serve a risen Savior.

How to Apply Proverbs 31 to Your Life Today

1. Commit your life to Christ. Allow Him to come into your heart and lead, guide and direct your steps. You want to give up your own selfish desires and ambitions and die to self.

“The steps of a *good* [wo]man are ordered by the LORD: and he delighteth in his way.” Psalm 37:23

“I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.” Galatians 2:20

“Commit your work to the Lord, and your plans will be established.” Proverbs 16:3

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” Acts 2:42

2. Pray and study God’s Word. When you pray and study and allow your every thought to be taken captive, you are strengthening your faith and girding your loins, ready for battle. You can also study the 10 Virtues of the Proverbs 31 woman and determine how God would have you implement them in your own life.

“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” Hebrews 4:12

“Your word is a lamp for my feet, a light on my path.” Psalm 119:105

“Blessed is the one who reads aloud the words of this prophecy, and blessed are those who hear it and take to heart what is written in it, because the time is near.” Revelation 1:3

“You will pray to him, and he will hear you, and you will fulfill your vows.” Job 22:27

“Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise.” James 5:13

“Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.” Matthew 26:41

3. Keep His commandments. We are called to obey Him. As Christians, we will desire to live an obedient life. That does not mean we will never make mistakes. But it does mean we will make it a priority in our life to grow and strive to improve. And when we do make mistakes we will ask for forgiveness.

“Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.” 2 Timothy 2:15

“The one who keeps His commandments abides in Him, and He in him. We know by this that He abides in us, by the Spirit whom He has given us.” 1 John 3:24

“If you love me, keep my commandments.” John 14:15

“I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.” John 15:5

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Galatians 5:22-23

4. Study the virtues of the Proverbs 31 Woman and ask God to show you how you can implement them in your life.

“Who can find a virtuous woman? for her price is far above rubies.” Proverbs 31:10

“For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, mutual affection; and to mutual affection, love.” 2 Peter 1:5-7

5. Accept God's grace in your life and let His love shine through you. As women of virtue, we are called to share the Good News with others and be a light in a dark world so that other's might experience His grace and love as well.

Understand that grace is a gift and there is nothing you can do to earn salvation. Jesus came and died for you so that you might have everlasting life with Him for eternity. It's your choice to accept the gift of grace.

"Therefore no one will be declared righteous in God's sight by the works of the law; rather, through the law we become conscious of our sin. But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, 24 and all are justified freely by his grace through the redemption that came by Christ Jesus." Romans 3:20-24

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me." 2 Corinthians 12:9

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Matthew 5:14-16